

# WHAT YOUR PHARMACIST WANTS YOU TO KNOW ABOUT . . .

## PREVENTING ACCIDENTAL POISONINGS IN SENIORS

- **Keep A List Of Your Medicines.** A list of all the medicine you take, including the name of the drug, the strength or dose, and how often you take it, is an important tool to have during doctor visits and in case of an emergency.
- **Learn About Your Medicine.** Ask the doctor or pharmacist to explain each medicine. Find out what food and other medicines you should avoid, as well as possible reactions and side effects.
- **Use One Pharmacy.** Many seniors receive prescriptions from more than one doctor, making drug interactions more likely. By using one pharmacy for all of your prescriptions, the pharmacist can check for possible interactions between medications.
- **Keep A Journal.** Make note of all your symptoms, both before and after taking medications. Painful or unexpected side effects may mean you need a different dose or different medicine.
- **Keep To A Schedule.** Taking your medicine at the same time and in the same way each day can make it less likely to miss a dose or take more medicine than you need.
- **Know How to Get Help:** Many poison control centers are based in hospitals and staffed by pharmacists. Call PoisonHelp at **1-800-222-1222** to be connected to a local poison control center.



Pharmacists are an important part of your health care team. For more information about what your pharmacist wants you to know, visit [www.SafeMedication.com](http://www.SafeMedication.com).